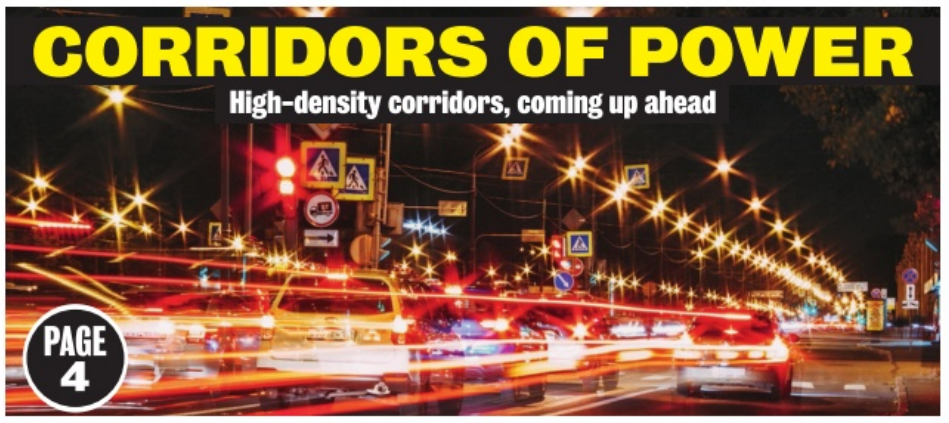
BENGALURU, MONDAY, JUNE 12, 2023 www.Bangaloremirror.com 12 Pages PRICE ₹3

# Bangalore Mirror

TEMP Max 30 | Min 21 | Humidity 77% Light Rain Showers Sensex 62,625 | Nifty 18,563 | Gold 59,840 | Silver 73,825 | Dollar 82.45 | Euro 88.66 | GBP 103.64



## Data recorded reveals City Railway Station has not had a single good air quality day for over one-and-a-half years now; last time it had a good day was in November 2021

# YOU ARE HERE: SMOG STATION

### Road construction activity leads to traffic congestion and emission

Garima Prasher
garima.prasher@timesgroup.com
TWEETS @BangaloreMIRROR

According to air quality data from the Karnataka State Pollution Control Board (KSPCB), the City Railway Station has not recorded a single 'good' air quality day for over one and a half years (between December 2021 and May 2023).

The daily AQI data obtained from the Continuous Ambient Air Quality Monitoring (CAAQM) at KSR Bengaluru City junction shows that the last time the station recorded a 'good' air quality day was in November 2021. One good AQI day was recorded in that month.

In the given period, the station recorded 140 days with moderate AQI with PM10 as the primary pollutant.

KSPCB has installed seven CAAQMs stations in the city covering residential, commercial, mixed, and silence zones.

The stations are installed at City Railway Station, Nisarga Bhavan, Saneguruvanahalli, Veterinary College, Hebbal; Shalini Ground, Jayanagar; KAVIKA, Mysore Road; NIMHANS and HSR Layout, Near Central Silkboard. The air quality

CONTINUED ON PAGE 8 »

**"More than half of the main road outside the station is occupied. Vehicles that come to drop off passengers wait outside till they get another ride. This creates congestion**

— Rajkumar Dugar, Citizen for Citizen

# Tied up in knots under the bridge

### Monsoon fear grips commuters as gridlock at narrow Panathur Railway Underbridge has not got any better

Rachana Ramesh
c-rachana.ramesh@timesgroup.com
TWEETS @BangaloreMIRROR

Commuters having to travel through the Panathur Railway Underbridge (RUB) have complained of the spot being a gridlock, despite multiple follow-ups and complaints. They have also put forward concerns that with the beginning of monsoon, the flow of vehicles will be further restricted if the narrow underbridge gets flooded like it did in the previous years.

Abhijit Lodh, an IT employee and resident of Panathur, said that the issue has remained the same for at least five years now. "The road has been developed, so that is not the problem, but the bottleneck due to the underpass is still there," he said, adding that multiple roads in the vicinity have also been developed, leading to many commuters taking the same route.

"The population has grown significantly. The apartment complex where I reside used to have 3,000 flats but as a collective it has grown and reached over 10,000 flats. People from Varthur, Panathur and Gunjur take the route through Balagere Road," he explained.

The narrow underpass is only able to

CONTINUED ON PAGE 6 »

## 3 THINGS TO DO

### 01 Divine music

Looking for something soulful? Grab the chance to watch accomplished musicians like Radhika Sood Nayak (sufi singer), Neil Mukherjee (guitar), and Vinayak Netke (tabla) unravel the mystical poetry of 16th–17th century Sufi poets Baba Bulleh Shah and Shah Hussain from Punjab through the musical narrative.
**Where: Shoonya Centre for Art & Somatic Practices, 4th Floor Brahmananda Court, 37, Lal Bagh Main Road, Bengaluru;**
**When: June 18; 6:30 pm**

### 02 Time connection

For theatre lovers, here's a chance to attend an English play by Tahatto Theatre Group, which is a 90 minute sci-fi romantic drama. 'Love in the Cholera of Time' is based on the Einsteinian Laws of time, Shakespearean whimsies of love, and some interesting facts. The story beautifully depicts the two lovers who are separated by the tyranny of time. **Where: Jagriti Theatre**
**When: Saturday, June 17; 3:30 pm and 7:30 pm**

### 03 Live notes

Nadasurabhi, a cultural association, is conducting a live music concert this June. Get the chance to watch popular artists like Sikkil C Gurucharan (vocal), BK Raghu (violin), Ranjini Siddanthi Venkatesh (mridangam), and Omkar G Rao (ghatam) perform.

**Where: Lecture Hall 1, Golden Jubilee Block, St John's Medical College Campus, Koramangala**
**When: Sunday, June 18; 4:15 pm**

# 'Shed light on the dark realities of child toil'

## Child rights activists urge education department to mandate celebration of World Day Against Child Labour in schools; say nothing is being done to prevent child labour

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

PICTURE FOR REPRESENTATION ONLY

According to child rights activists, the state government does not have concrete measures to prevent children from becoming labourers

Child rights activists want the state government not to let the anti-child labour day (June 12) be passed as another day of the month or the year. They want the state government to take concrete measures to avoid children becoming labourers.

The activists want the education department to instruct all schools to organise anti-child labour day events to create awareness among the schoolchildren about the ill-effects of child labour. Based on a letter written by Child Rights Trust Director Nagasimha G Rao, Karnataka State Commission for Protection of Child Rights Chairman Naganna Gowda wrote a letter to the Commissioner for Public Instruction advising to organise anti-child labour day events at all schools across the state to create awareness among the schoolchildren on the ill-effects of child labour.

"I advise you to instruct all the schools to organise anti-child labour day events to explain the adverse impact of child labour and submit a report on the events organised at the schools," said the KSCPCR chairman in the letter to the Commissioner of Public Instruction.

He said the theme of the World Day Against Child Labour is social justice for all and ending child labour. "It has become a challenge to rehabilitate children working at hotels, garages, and construction sites. Child labour and child trafficking have become curses. It has become necessary to stop child labour to prevent child trafficking," he added.

Nagasimha G Rao, director of Child Rights Trust told Bangalore Mirror that many schools fail to organise the anti-child labour day events effectively. "Many school-going children have discontinued education due to the covid-19 pandemic and poverty. Many SSLC students would be thinking of working at factories or hotels after completing the programme. The need of the hour is to create awareness among the schoolchildren about the ill-effects of child labour," he said. Lakshapathy Pendyala of APSA said that the anti-child labour day has become a ritual, and the state government does not have concrete measures to prevent children from becoming labourers. "We organised awareness programmes in Ramanagar and Magadi eight years ago to prevent schoolchildren from working in sericulture units.

> **"Many children have quit education. The need of the hour is to create awareness about the ill-effects of child labour**
> – Nagasimha G Rao

We had also organised awareness programmes at residential apartment complexes in Koramangala. A few of the apartment residents' welfare associations were given awards for ensuring their apartment complexes were free from child labour.

Now nothing is being done to prevent child labour," explained Pendyala.

# Navigate your legal path through this app

Former Chief Justice of India MN Venkatachaliah on Saturday launched the multi-lingual India Legal App, a legal helpline accessible to citizens to obtain legal assistance from their homes. Justice Venkatachaliah, who is also a patron-in-chief of the India Legal Research Foundation, said that the India Legal App will benefit a wide range of consumers, including a large legal community of 1.2 million lawyers and half a million students.

Speaking about technology and the legal profession, Prof GS Bajpai, Vice Chancellor, National Law School, New Delhi, said the shape of the legal profession will be drastically impacted by the onslaught of technology in multiple ways. "There are software tools unique to the legal profession, including case management system, contract management system, e-discovery software, and virtual meeting software," he said.

In his introductory note, India Legal magazine Editor-in-Chief Inderjit Badhwar said that the whole concept of the app was access to justice, which combines delivery of justice, fairness of the justice system, safeguarding the independence of the judiciary, the collegium system, and the rights of the undertrial.

The app can be installed by any individual on their mobile to directly communicate with a lawyer. Senior Advocate and Chairperson of the Balaji Foundation added that this app would support a lot of people who are underprivileged and who do not have access to justice. This facility will extend to even those without mobile phones.

They can avail of this service through their nearest common service centres, or Jan Suvidha Kendra/Setu/e-Seva Kendra/Pragya Kendra. Prof Trilochan Sastry, former Dean, IIM, Bangalore, said that much of the legal work is in the hinterlands of India, where people do not know English. "We need to have some way to reach the unreached beyond the confines of the Supreme Court. Initiatives like this take off successfully when there is a dedicated core team," he said.

Former Chief Justice of India UU Lalit said access to justice has always been a cause dear to his heart. "In the course of my work, it was the guiding principle along which I worked," he said.

**Inderjit Badhwar, Editor-in-Chief, India Legal Magazine, Former Chief Justice of India Justice MN Venkatachaliah, and Rajshri Rai from India Legal Research Foundation during the launch of India Legal App**

Solicitor General of India Tushar Mehta and Attorney General of India R Venkataramani also addressed the webinar. **— BMB**

# That something extra in this deal is a con

Ahna Prakash
c-ahna.prakash@timegroup.com
TWEETS @BangaloreMIRROR

Cyber criminals are always looking for new ways to con the public. Recent cases indicate that there is a new fraud in town. This is the 'overpayment scam'. In this scam, people express interest in buying something/ or use a service, make payment on an online platform and pretend to pay more to the vendor than the product or service' asking amount. This is a fake payment. Later, they claim that as they had sent more money to the vendor the latter should make a refund. After (if) the refund is made, when the vendor checks their account, they see that the initial payment has bounced.

Ravi, an auto driver, was a victim to one such con. "Two weeks ago, I dropped a man off at a location in Koramangala from Rajajinagar and the amount was around Rs 300. The man said that he had sent me 600 by mistake and showed me a screenshot. I didn't know how to check my bank balance at the spot, so after a little arguing, I gave him Rs 300 in cash. When I reached home, I asked my friend to check my account and I was informed that no such transaction was made," he said.

**Scamsters claim they have paid a bit more than the price, seek refund and then first payment goes bust**

Another citizen Sumit had a similar experience with an online marketplace. "The person was interested in buying utensils worth Rs 1,500. I had told him that I wanted a cash payment but when we met to give him the item, he insisted on paying by UPI, so I agreed. He then sent the money and said that he had sent extra Rs 200. So, I gave it back to him and he took the items. Later, I realised that he never sent the amount and even got the item for free. When I checked the profile, it was deleted and the number was not reachable," he said.

The police said that they have been given instructions to curb cyber crime. "We have been told by senior officials that we need to be vigilant about cyber crime and fraud because there is a sudden spike. We are trying to trace the people involved in this," said a police official.

# Nasty business: Good Samaritans put in the dock

## Eatery owner 'bullies volunteers distributing food to needy and police also turn hostile'

Vounteers of Dhyan Foundation distribute food in Sarjapur

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

Volunteers of an organisation have alleged that people who own an eatery on Sarjapur Road harassed them while they were distributing food to the needy. What is more, the volunteers say that two police constables from Bellandur Police Station who had come to the spot in a Hoysala vehicle also behaved in a high-handed manner with them. This has left the do-gooders, especially a 78-year-old, shaken.

Volunteers of the Dhyan Foundation have been distributing food every Saturday for more than four years on Sarjapur Road near Wipro Office. According to a complaint lodged by Gaurav Gupta with Bellandur police, the owner of an eatery – DK Hotel – physically abused a 78-year-old volunteer when he was distributing food. According to the acknowledgement issued by Bellandur Police, the incident took place on May 13. Gaurav Gupta, the son of victim SN Gupta, requested the police to register an FIR against the hotel owner, but the police registered a NCR (non cognizable report).

"The eatery owner and his supporters again attacked us on Saturday (June 10) when we were distributing lunch. I called the police over phone. A Hoysala vehicle arrived on the spot. Two police constables, instead of acting tough against the eatery owner and his supporters, forcibly took us to Bellandur Police Station and made us wait there. They refused to allow my father to go home," said Gupta.

He said that no action was taken on the complaint of the octogenarian, and now the volunteers are being bullied to stop their service initiative.

Sahana Hegde, a volunteer of the foundation, said they did not have any issues all these years when they distributed food among the poor at Ejipura and Viveknagar. "There were no hurdles till last month when the owner of an eatery objected to us. And, how can the policemen forcibly take the volunteers to the police station?" asks Hegde.

Arun Prasad, a social activist, said that no one has the authority to stop a charitable act. "I condemn the police attitude. I also demand the BBMP verify whether the eatery has got the licence," said Arun Prasad.

Bellandur Police Inspector told BM he has reprimanded the eatery owner. "The eatery owner wants the volunteers to distribute food 20 metres away from his eatery but the volunteers don't want to budge," the police inspector said. Volunteers said it takes them not more than 20 minutes to distribute the food and it does not affect the eatery's business.

Sabse Pehle Life Insurance
LIC
भारतीय जीवन बीमा निगम
LIFE INSURANCE CORPORATION OF INDIA
G20 भारत 2023 INDIA
Har Pal Aapke Saath
The 100-year plan!
LIC's
JEEVAN UMANG
UIN: 512N312V02 PLAN NO: 945
A Non-Linked, Participating, Individual, Life Assurance Saving (Whole Life) Plan
Get GUARANTEED Survival Benefit equal to 8% of Basic Sum Assured each year after the final premium, till Age 99 and lump sum maturity benefit on survival to Age 100.
FEATURES:
• Age Eligibility : 90 days to 55 years
• Minimum Basic Sum Assured : ₹ 2,00,000/-
• Maximum Basic Sum Assured : No limit
• Premium Paying Term : 15, 20, 25 and 30 years
• Policy Term : (100 minus age at entry) years
SPECIAL FEATURES:
• Life long risk cover till Age 100
• Bonus throughout the term
• Final additional bonus (if any)
• Loan facility
Contact your agent/branch or visit our website www.licindia.in or SMS 'YOUR CITY NAME' to 56767474 (e.g. 'Mumbai')
Our WhatsApp No. 8976862090 Say 'Hi'
Download LIC Mobile App digital
Call Centre Services (022) 6827 6827
Follow us : LIC India Forever
BEWARE OF SPURIOUS PHONE CALLS AND FICTITIOUS / FRAUDULENT OFFERS. IRDAI is not involved in activities like selling insurance policies, announcing bonus or investment of premiums. Public receiving such phone calls are requested to lodge a police complaint.
For more details on risk factors, terms and conditions, please read the sales brochure carefully before concluding a sale.
IRDAI Regn No.: 512
LIC/AR/20-21/17/ENG

# B'luru: Crammed lanes remain first concern

## BBMP to soon begin work on high-density corridor; project likely to get over in three years

| Sridhar Vivan
sridhar.vivan@timesgroup.com
TWEETS @sridharvMirror

Outer Ring Road (ORR) is one of the corridors that has been identified as high-density corridors in the city by the police. The sections of ORR have been categorised under package one

The development work on the nine high-density corridors is set to begin soon as the work orders have been issued. Interestingly, the previous BJP government gave this a 'parting shot' to the city by approving the scheme just before the election code of conduct could be imposed. The work orders were issued on March 23, 2023. Now, with the Congress government claiming to review the previous government's schemes, one needs to wait to see whether the much-needed project for Bengaluru will be allowed to continue or be revised.

A senior BBMP official said, "BBMP will soon begin work on a high-density corridor at a cost of Rs 273 crore. This project is likely to be completed in three years. We will take up the improvement of high-density corridors on a priority basis. Currently, we are improving the junction points of high-density corridors. If there is a requirement for bus bays, they will be remodelled. We have already sent a proposal to the government. We are taking measures to ensure that there is no waterlogging during heavy rainfall, and work will be undertaken to make the high-density corridors signal-free junctions."

The police have identified the following corridors as high-density corridors in the city: Old Ballari Road (Chalukya Circle to Hebbal); Old Madras Road (Trinity junction to KR Puram and KR Puram to NH 648 via Hoodi, Hopefarm, and ITPL); Old Airport Road (ASC centre to Kadugodi); Sarjapur Road (St John's Hospital to Carmelaram); Hosur Road (Vellara junction to Central Silk Board); Bannerghatta Road (Dairy Circle to NICE Road); Kanakapura Road (KR Road to NICE Road); Mysuru Road (Hudson Circle to NICE Road); Magadi Road (Old Binny Mill to NICE Road); Tumakuru Road (Okalipuram to Goraguntepalya); Chord Road (Soap Factory to Mysuru Road); and Outer Ring Road (Goraguntepalya).

> **"We will take up the improvement of high-density corridors on a priority basis. Currently, we are improving the junction points** – a senior BBMP official

According to available records, a sum of Rs 237.88 crore will be spent on improving nine corridors. The previous government had approved the project on December 17, 2022. Though the original project included 12 corridors, three were left out as Metro work was ongoing. Now, these nine corridors have been categorised into three packages.

For package one, works will be taken up on Ballari Road (4.5 km) and sections of the Outer Ring Road. The bidder had quoted Rs 84.97 crore; however, after negotiations, the bid amount was finalised at Rs 77.55 crore. Package two includes Old Madras Road and HAL Airport Road, where the bidder had quoted Rs 83.66 crore, and after negotiations, it was finalised at Rs 76.69 crore. Package three includes improvements in Tumakuru, Magadi, Mysuru, Kanakapura, and Hosur Roads, where the bidder had quoted Rs 90.75 crore, and after negotiations, it has been finalised at Rs 83.64 crore.

Earlier, the government had handed over the project to KRDCL for development and maintenance, but there was severe resistance from the BBMP. Subsequently, the government handed it over to BBMP only. Currently, tenders have been invited for the development of the roads only.

# Ploggers clean up the mess at Kembattahalli Lake

In a display of community spirit and environmental consciousness, residents of JP Nagar 8th Phase participated in a plog run at Kembattahalli Lake on Sunday, accompanied by the planting of 100 saplings. The event, organised by the Indian Ploggers Army in collaboration with Team Social Spotlight, aimed to clean up the lake while promoting the benefits of plogging and fostering a greener future.

With great enthusiasm, participants embarked on a 40-minute plogging session, combining jogging or walking with picking up litter along the way. The lakeside area soon saw the collection of an astonishing 80 to 100 kg of garbage, including discarded fruit packets, chocolate wrappers, pan packets, and abandoned slippers.

Furthermore, the event highlighted the importance of individual actions in the face of global environmental challenges.

Plogging, a combination of jogging and litter picking, offers numerous advantages for lakes and other natural spaces. By actively removing garbage from these areas, ploggers contributed to enhancing the aesthetic appeal by cleaning up the environment, enhancing the visual appeal of lakes, and promoting health and fitness.

The volunteers pointed out that it inspires environmental awareness, as plogging serves as an effective awareness-building activity, drawing attention to the issue of littering and its detrimental effects on the environment. Post-plog, snacks and eatables were provided to the participants, and they all made sure they did not use single-use plastic to avoid environmental pollution. "The plog at Kembattahalli Lake was a special experience due to the eco-conscious approach taken by our organiser, Team Social Spotlight. The food was served in banana leaves and steel tumblers, eliminating single-use disposables. Let's carry our own cutlery to avoid single-use disposables and help keep the planet clean," said Ridhi Jayaprakash, a participant. Sidhish Jayaprakash, another volunteer, said, "Let's be responsible for the waste that we generate because if we make conscious decisions, then we can save our planet. We have only one planet, and there is no 'Planet B.' It is crucial that we take action against climate change now." — BMB

The event highlighted the importance of individual actions in the face of global environmental challenges

## whatsapp MIRROR 9591233247

**Problems in your area?**
Send us a picture along with specific details. And please, no phone calls or spamming

### Make it safe

**Residency Road**

Outside Cotton Complex, near FOB on Residency Road, Ward 111, a sinkhole appeared more than two months ago. The sinkhole has opened again.

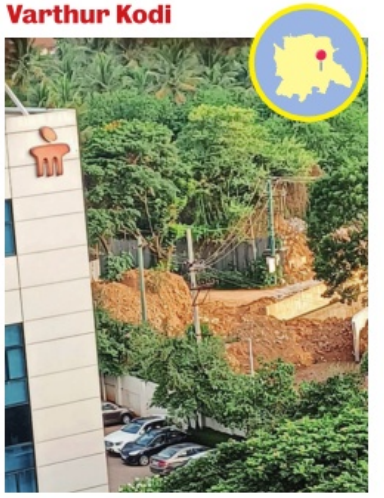
### Leave space

**Jayanagar**

The footpath at Jayanagar 5th block is filled up with construction material, cars are parked, and there is no place to walk.

### Drain it

**Varthur Kodi**



BBMP must connect the new SWD to the old one by the side of Manipal Hospital Varthur Kodi, as the new one is not completed and water gets collected due to rain.

# Hope afloat for Carmelaram railway overbridge

| Melvin Mathew
c-melvin.mathew
@timesgroup.com

TWEETS @BangaloreMIRROR

Work on the much-delayed Carmeleram railway overbridge is set to begin this week. The project that received the Railways nod in 2020, is expected to be completed in 18 months.

The Carmaleram level crossing 132 draws commuters from Sarjapur Road, Outer Ring Road, Varthur and Gunjur. With thousands of people passing through the area, the replacement of the level crossing with a railway overbridge is vital. However, the project has been stalled for years despite all the pleas from motorists.

Now, there is hope as according to the Mahadevapura Task Force, work is likely to begin within a week. During the construction period, the level crossing will be closed partially. Commuters will have to use the new CDP Road connecting Gunjur to Sarjapur Main Road for passage.

The entire project including land acquisition has been estimated to be Rs 40 crore out of which Railways is expected to bear Rs. 11.26 crore under the Rashtriya Rail Sanraksha Kosh.

The remaining cost will be borne by Bruhat Bengaluru Mahanagara Palike (BBMP) which will undertake the land acquisition issues surrounding the project.

The junction that sees nightmarish traffic will see some relief with the completion of the project. Commuters have to wait for nearly 15 minutes as of now for the trains to pass by. The situation is further worsened by the passage of heavy vehicles and tankers through the area. It's a critical point for commuters that choose to avoid heavy traffic on the artillery road.

Even commuters travelling from Sarjapur Main Road to Whitefield will benefit greatly from the project. From the junction, travel towards Whitefield is just 7-8 km and it allows commuters to escape the signal and traffic on Outer Ring Road.

The stretch also allows for several IT industry workers to reach their offices located in tech parks. The point is also a key travel route for Gunjur village residents, Chikka Bellandur and Sarjapura areas. Commuters can also access Electronic City by joining with Hosur Road.

# Disruptive factors run roughshod at meetings

## Citizens say 'people with vested interests' clamp their voice during meetings with police about issues such as traffic management

| Iffath.Fathima
@timesgroup.com

TWEETS @BangaloreMIRROR

Citizen volunteers from Whitefield who attended the recent interactions with police and traffic police personnel to discuss the issues they face have been left massively disappointed.

Citizens attended the 'Masika Jana Samparka Divasa' at the Whitefield Police Station and the 'Sanchara Samparka Divasa' at the Whitefield Traffic Police Station. While the point is to express their views, citizens claimed that some groups at the gatherings did not allow them to voice their complaints and the officials were too disinterested to intervene.

This has left the citizens feeling discouraged about attending meetings in future.

At the Sanchara Samparka Divasa meeting held on Saturday, the residents of Whitefield discussed key issues and asked the Whitefield traffic police to regulate speed of water tankers, which pose a threat and risk to people's lives.

They also sought that the speed of school buses be regulated and their fitness test certificates be checked. The citizens pointed out that school buses tend to stop for every 50 metres on main roads/sub-arterial roads causing traffic jams during peak hours.

**"The police should ask these groups to leave rather than merely asking them to be quiet. This issue must be addressed promptly to restore citizens' confidence**

This apart, the residents suggested it would be good to have drivers aged 45 and above driving these water tankers as they tend to drive a bit slower and carefully than drivers who are between 20-30 years.

Srujan Kadamba, a resident of Whitefield, said, " I had suggestions for the traffic police manning 40 junctions pertaining to the food delivery personnel riding on the wrong side of the road. Whitefield traffic police are cooperative in terms of listening to feedback from people and implementing new changes. But as we raise complaints, a group of people who also come for meetings oppose or object to our grievances.

For example, when we raise concerns about reckless driving by water tankers on Borewell Road, or the need for lorry unions to take alternative routes to alleviate congestion, this group of people immediately jump into the conversation and object to our complaints." Another resident said that instead of offering constructive feedback, the group starts with shouting and disruptive behaviour. "It's disheartening to witness such a lack of decorum."

Sandeep Anirudhan from Namma Whitefield said, "We have observed a recurring pattern where citizens voicing their opinions are interrupted and shouted down. It appears that these disruptive elements are intentionally attempting to derail the meetings, possibly due to political motivations. The police need to ensure better conduct of these meetings and ensure citizens can make their submissions without being interrupted."

The residents pointed out that with this behaviour during the meetings it is creating a fear amongst them and discouraging them to attend meetings. "We believe that the police should ask these groups with vested interests to leave rather than merely asking them to be quiet. It is essential for the police to address this issue promptly and restore confidence among the residents, ensuring that public engagements remain inclusive," said another resident. Whitefield traffic police assured citizens on Sunday that measures would be taken to avoid any interruptions in the future and to provide a safe space for citizens to voice their opinions without fear.

IN BRIEF

## Peeping Tom arrested

A man was caught peeping at a woman of the neighbouring house taking a bath in Munnekolala, Marathahalli. The accused, Nitin, who stays in a rented house, was caught peeping through the window while the woman next door was taking a bath. Later, the locals caught Nitin and handed him over to the Marathahalli police.

An FIR has also been registered in Marathahalli police station regarding this. It is said that Nitin used to watch the woman taking a bath from the window earlier too, but the woman had not noticed it. But on Saturday, when he was peeking at her, the woman saw it and screamed. Locals gathered at the spot and handed over the accused to the police. **BMB**

## Agni Sridhar's comments stir controversy

Underworld don turned author Agni Sridhar's recent social media statements to start Dravida army in every village and town, and either to convert or beat up Bajrang Dal activists has stirred a controversy in Karnataka.

Kannada actor and social activist Chetan Kumar has condemned the statements of Agni Sridhar on Sunday. "Agni Sridhar says 'Start Dravida team in each city; convert all Bajrang Dal boys - or thrash them.' While I'm grateful to Mr Sridhar for the film break, I strongly oppose his provocation to violence. Can we expect societal propriety and nonviolence from a (former) underworld don?"

Chetan Kumar has also reacted to the textbook revision row and statements of Minister for RDPR and IT and BT Priyank Kharge. "Minister Priyank Kharge suggested right wing thinker Chakravarthy Sulibele to read 'Why I am an Atheist' book by martyr Bhagat Singh. This is ironic as Priyank Kharge took oath in the name of God," he said on his social media account. **IANS**

# Day 1: Some confusion, some free bus rides across B'luru

## Citizens talk about experiences on BMTC buses on the day Shakti scheme was rolled out

Rachana Ramesh
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMirror

Women show their ID cards as they travel in a BMTC bus on Sunday; One bus had dignitaries on board such as the CM and Deputy CM

On Sunday, the newly formed Congress government rolled out the first of its five promised guarantees by launching the Shakti scheme, which offers free bus travel to women across the state. At the Kempegowda Bus Terminal, Chief Minister Siddaramaiah and his deputy DK Shivakumar handed out 'zero-value' tickets to five women passengers in a bus headed to Dharmasthala, inaugurating the scheme.

Shaheen Shasa, a member of the Bengaluru Bus Prayanikara Vedike (BBPV), said that she took her first free ride bus to Shivajinagar, which was fairly crowded on a Sunday afternoon. "The conductor has to check for an identity card, ask for location and issue an actual denomination ticket which has an additional seal for women. There is confusion while issuing tickets to a mixed group, which requires both free and regular tickets," she said, adding that the conductor understandably seemed a bit on the edge. "We will have to find ways to iron out these issues in the coming days, especially during peak hours," she added. On her return trip from Richmond, Shaheen said the bus was empty and the conductor had an electronic ticketing machine (ETM) which issued a ticket showing the fare to be nil.

Conductors of the Bangalore Metropolitan Transport Corporation (BMTC) have noted that there has been an increase in ridership with commuters increasing at Majestic and especially on Shivajinagar and Attibele, among other routes. Many of them have said that it is now a hassle as prior to the scheme, only pass holders needed to have their IDs checked.

In the initial three months of implementation, beneficiaries will be issued a zero fare ticket after producing a government-issued photo identity and address proof. Further, those beneficiaries who wish to avail of the scheme are required to obtain Shakti smart cards by applying on the government's Seva Sindhu website.

Vinay Sreenivasa, an activist, said that on the bus he boarded, three women were denied travel without paying the fare as they did not have IDs proving domicile. While one was an old woman without an ID card, two others were students from other states. While he congratulated the government on the introduction of the scheme, he urged them to do away with the requirement of proving domicile by providing ID cards.

The Karnataka State Road Transport Corporation (KSRTC) in a press release said, "It is planned by the corporations to procure 1,894 buses during the year. Nevertheless, after implementation of Shakti scheme, action will be taken to induct more buses as per demand. Recruitment of personnel will be made as needed. It is expected that women passengers may increase on some routes requiring more buses. In such cases, the timetable will be revised and schedules rationalised to meet this demand."

It is estimated that around 41.81 lakh women (including 11.58 pass holders) will be benefited from the scheme. Women can travel in 6,308 city, 5,958 ordinary and 6,343 express buses (totally 18,609 buses).

## Too narrow, this path

CONTINUED FROM PAGE 1

accommodate one four-wheeler at a time, pointing to the need for widening. "Due to the issue, I am at least one hour late on a daily basis. It is especially bad during around 8 am, as school buses are on the roads too during this time. If it rains, the water accumulates and further slows down movement," he said.

While residents have brought up the issue with the authorities and also have a Telegram group with the area MLA to address local issues, there has not been much change.

Manish, another resident in the neighbourhood, said that Croma

When it rains, traffic is further stalled at Panathur underbridge

Road that acts as an alternative to Balagere Road also cannot be used during the monsoon due to flooding. "Cars can get half submerged due to the water accumulation so this road cannot be used either," he said. He noted that despite consistent complaints, the issue has not been paid heed to and has been sidelined. "Local leaders show up only when there is heavy flooding to show that they are doing something. They have only made promises which remain undelivered. Residents take to social media in order to call out the issue but there is no response," he explained.

In May 2022, Shyam Singh, Bengaluru divisional railway officer, had said that the widening of the particular railway underbridge with two new vents would be finished by March 2023. However, only one vent which will be linking Panathur and Kadubeesanahalli is set to be finished while the other one is yet to see the light of day.

## NOTES FROM THE FIELD

### Why so many questions

The Gruha Jyoti scheme has been widely discussed this week. When Energy Minister KJ George was asked questions, he responded, "Why are you asking so many questions?" When one journalist explained that he was relaying questions from the public, George replied, "If the public wants to ask questions, they can directly reach out to BESCOM officials. Why should they call journalists instead of BESCOM?"

### No more gifts

Many former legislators are still reeling from the shock of losing the recent Assembly elections. During a public interaction, former MLA of Nagamangala Suresh Gowda said he was still trying to figure out why he lost, though he had done his best work. He went on to express his frustration by asking his supporters not to invite him to any family functions or weddings, as he was not in the mood to attend. He also said that he did not want to give any gifts, even if he did attend.

### 'Rider' story

When journalists asked former CM HD Kumaraswamy about his thoughts on the numerous riders to the five guarantee schemes, he responded by telling a story. "I've been hearing this story a lot lately. There's a hotel where the owner has announced that the dosas are free. However, a customer assumed that the dosas were free, so he ate as many dosas as he could. When he was about to leave the hotel, the owner stopped him and handed him the bill. The customer asked why he was being charged when the dosas were free, and the owner explained that the dosas were indeed free, but not the chutney and sambar served with them," he said.

### Wed the frogs

With the delayed arrival of the Southwest Monsoon, many people are anxiously awaiting the rain, as their crops are running dry. In fact, a few villages in Mysuru district are now reviving an age-old practice that they believe will bring rain. The residents are busy arranging a wedding for two frogs, which they believe will bring good luck in the form of rain. A villager told journalists, "This is our only hope. We are organising this frog wedding in a big way, inviting all the villagers to participate and pray for early rains."

### Protege tale

For a long time, it was believed that DK Shivakumar was a protege of former CM SM Krishna. However, DKS recently told the media that he is not a protege of SMK but of another former CM, S Bangarappa. DKS said that former PM Rajiv Gandhi had not replaced the then CM Veerendra Patil out of anger but due to Patil's failing health. "I was one of those who had suggested Gandhi make Bangarappa CM, and Rajiv agreed. When I conveyed this to Bangarappa, the Soraba strongman assured me that if it came true, I would be made a minister, and the rest is history," DKS said. Just a day after making this statement, DKS headed to meet SMK and received blessings from Krishna and his wife.

— Sridhar Vivan

# Left by the wayside

## School dropout rate at secondary level was higher than national average of 12.6% in 2021-2022 in 7 states, including Karnataka where dropout rate stood at 14.6%

Gujarat, Bihar, Karnataka, Assam and Punjab are among seven states where the school dropout rate at the secondary level was higher than the national average of 12.6 per cent in 2021-22, according to official data.

This information was collated from the minutes of the Project Approval Board (PAB) meetings held under the Ministry of Education to discuss the implementation of the "Samagra Shiksha" programme for 2023-24.

The meetings with states and union territories took place between March and May this year.

### Barrier to goals

The government views dropout as a barrier to achieving the new National Education Policy's aim of 100 per cent Gross Enrolment Rate (GER) at the school level by 2030, according to officials.

The details of the PAB meeting minutes show that the dropout rate at the secondary level in 2021–22 was 20.46 per cent in Bihar, 17.85 per cent in Gujarat, 20.3 per cent in Assam, 16.7 per cent in Andhra Pradesh, 17.2 per cent in Punjab, 21.7 per cent in Meghalaya and 14.6 per cent in Karnataka.

In West Bengal, though the dropout rate has improved substantially from 2020-21 to 2021-22, particularly at the elementary level, it needs to continue taking adequate measures to reduce the dropout rate and improve the retention rate at the secondary level, it was noted in one of the minutes.

There are a lot of out of school children in the Union Territory of Delhi. Details of out of school children mainstreamed should be uploaded on PRABANDH portal, it was stated in one of the documents.

FOR ILLUSTRATIVE PURPOSES ONLY

Students of a PU college in Karnataka; A survey of UNICEF last year states that in India, 33 per cent of girls drop out of school due to domestic work and it showed some children started working as labourers

The minutes did not have the dropout rate figures for West Bengal and the national capital.

In Madhya Pradesh, the dropout rate at the secondary level has declined from 23.8 per cent in 2020-21 to 10.1 per cent in 2021-22, data showed. The state runs a special enrolment drive every year with focused household surveys with the help of a mobile app, it was noted.

Data showed that in Maharashtra, the annual average dropout rate at the secondary level had declined from 11.2 per cent in 2020-2021 to 10.7 per cent in 2021-2022. However, the dropout rate in five districts of the state is 15 per cent and above.

**The other six states are Bihar with 20.46%, Gujarat with 17.85%, Assam with 20.3%, Andhra Pradesh with 16.7 %, Punjab (17.2%) and Meghalaya with 21.7%**

In Uttar Pradesh, the annual average dropout rate is "very high" in districts of Basti (23.3 per cent), Budaun (19.1 per cent) , Etawah (16.9 per cent), Ghazipur (16.6 per cent) , Etah (16.2 per cent) , Mahoba (15.6 per cent), Hardoi (15.6 per cent) and Azamgarh (15 per cent), the collated data showed.

The dropout rate in Rajasthan, is consistently decreasing, but the dropout rate amongst scheduled tribes (nine per cent) and Muslim (18 per cent) children is still "very high" at the secondary level, the documents showed.

The survey of United Nations Children's Fund (UNICEF) last year states that in India, 33 per cent of girls drop out of school due to domestic work. It was also found in many places that after leaving school, children started working as labourers with their families or cleaning people's houses. – PTI

# High govt debt, fiscal slippage risk clouds over economy

Ratings agency Moody's in an interview on Sunday flagged risks of fiscal slippage arising from weaker-than-expected government revenues in the current fiscal. In an interview with PTI, Moody's Investors Service Associate Managing Director Gene Fang said India has a relatively high level of general government debt at around 81.8 per cent of GDP for 2022-23, and low debt affordability.

Further, it expects the Indian economy to grow by 6-6.3 per cent in June quarter. RBI Governor Shaktikanta Das announced at the end of the monetary policy committee (MPC) meeting on Thursday that the GDP growth forecast for 2023-24 has been pegged at 6.5 per cent, a tad higher than the April forecast of 6.4 per cent. Chief Economic Adviser V Anantha Nageswaran said that the government is on the same page with the Reserve Bank of India on the GDP growth forecast for the current financial year. India, Fang said, has a high growth potential and its credit strengths include a stable domestic financing base for government debt, as well as a sound external position.

**India has high growth potential and its credit strengths include 'a stable domestic financing base for government debt'**

"We expect India's growth to come in around 6-6.3 per cent in the first quarter of the current fiscal year, which remains relatively flat from the 6.1 per cent recorded in the final quarter of fiscal 2022-23," Fang said.

While household demand is likely to see an improvement given the moderation in both headline and core inflation readings, lagged effects of higher interest rates pose some risks on gross fixed capital formation, in particular, Fang added.

A flower seller waits for customers at K R Market in Bengaluru

Gross Fixed Capital Formation (GFCF) is an indicator of investment in the economy. Fang said as a 'Baa3' rated sovereign, India's strengths lie in its large and diversified economy with a high growth potential, which is evident in the relatively strong growth forecast this year despite the weaker global economic outlook. The government has largely met its fiscal objectives over the past two years, assuaging concerns on fiscal policy, he said. The fiscal deficit, which is the difference between government expenditure and revenue, narrowed to 6.4 per cent of GDP in 2022-23 from 6.7 per cent in 2021-22. In the current fiscal, the deficit is budgeted to come in lower at 5.9 per cent of GDP. – ET Online

IN BRIEF

## Driver killed as car crashes into divider

A driver was killed and three others were seriously injured when a fast-moving car hit a divider on the Bengaluru-Mysuru Expressway. The accident took place in front of Chamundeshwari Hospital near Kollur Gate in Channapatna taluk and the driver Manjesh, 28, from Maddur died on the spot. Three were seriously injured and admitted to Chamundeshwari Hospital. The driver of the car coming from Mysuru route lost control and the car hit the divider installed in the middle of the road. The car was completely crushed by the force of the collision. — BMB

BM had reported on June 9 about the risks of speeding on B'luru-Mysuru expressway

## Car-bus crash in Udupi kills 2

A teacher and a staff of the education department were killed and two others injured when their car collided with a mini bus near Jakkanamakki in Udupi district on Sunday, police said. The deceased have been identified as Subbanna Ganiga, first grade assistant at the office of the Deputy Director of Public Instruction (DDPI) and Soma Shekhar, physical education teacher at Indira Nagar School in Udupi. Police said the occupants of the car were returning from Channagiri after attending a marriage function when a private bus on its way to Agumbe from Udupi collided with their vehicle. All the four persons in the car were taken to hospital by local people — PTI

## Tracking Biparjoy

At The India Meteorological Department (IMD) on Sunday issued a 'thunderstorm' alert for some districts in coastal Maharashtra in view of the extremely severe cyclonic storm Biparjoy gushing over the Arabian sea.

Cyclone Biparjoy has intensified into an Extremely Severe Cyclonic Storm and lies centered over the east-central Arabian Sea, 460 kilometers South-South-West of Porbandar, 510 kilometres South-South-West of Dwarka and 600 km South-South-West of Naliya (as recorded at 8:30 am on Sunday), the IMD tweeted. The cyclone is expected to cross Saurashtra and Kutch and adjoining Pakistan coasts on Thursday at noon as a very severe cyclonic storm, the met said.

Meanwhile, the Southwest monsoon has advanced into some more parts of central Arabian Sea, some more parts of Karnataka, Goa, parts of Konkan, most parts of Tamil Nadu and Puducherry, parts of Andhra Pradesh, entire southwest and some more parts west-central Bay of Bengal, and others as of June 11. — ANI

# Bad air day

CONTINUED FROM PAGE 1

at these stations is monitored round the clock for primary and secondary pollutants.

Experts say construction activities and vehicular emissions are factors responsible for high PM10 levels leading to deteriorating AQI in the area.

"The ongoing road construction activity has led to traffic congestion in the area, worsening AQI and high PM10 levels. While any fossil fuel-based vehicle emits particulate matter and other harmful gases, this emission increases as its speed goes down, which is most common in the event of traffic congestion. Road work is one of the things that lead to traffic jams. While free flow of traffic might reduce the pollution, the density of vehicles has to be reduced," said Dr TV Ramachandra, Center for Ecological Sciences, Indian Institute of Science (IISc).

City-based mobility experts highlight poor traffic management in the area despite an army of traffic officials stationed in the area. The unregulated traffic they say paints a picture of total neglect leading to higher pollution levels.

"More than half of the main road outside the station is occupied. They come to drop off passengers and wait outside till they get another ride. This creates congestion, slowing down the traffic, leading to high emissions and bad AQI. While many traffic police personnel are deployed in the area, they choose to look the other way," said Rajkumar Dugar, a city-based mobility expert and founder of Citizen for Citizen (C4C).

## Time to shift to public transport

Environmentalists say rising air pollution makes a strong case for improving public transport systems.

"Public transport system in Bengaluru has to be improved and strengthened. It should be economical, user-friendly, and well-equipped with last-mile connectivity. Two-wheelers and three-wheelers are responsible for the majority of the carbon emission and the only way to bring down their density on city roads is by strengthening the public transport system," added Dr Ramachandra.

# Greenpeace report paints grim picture

Greenpeace India's latest report on air pollution, 'Spare the Air', reveals alarming levels of air pollution in Bengaluru and ten other cities across the country. The year-long study, which analysed data from September 2021 to September 2022, revealed that

pollution levels were dangerously and persistently higher than the latest World Health Organisation's (WHO) guidelines.

Bengaluru was found to have an annual average PM2.5 concentration of 29.01 µg/m3 , which is 5.8 times higher than the safe levels (5 µg/m3) set by the WHO. Such alarming levels of PM2.5 concentration were recorded all through the year.

Similarly, the city's annual average PM10 concentration was found to be 55.14 µg/m3, 3.7 times higher than the safe levels(15 µg/m3).

The city's annual NO2 concentration was also found to be 17.86 µg/m3, which is 1.8 times higher than the safe levels(10 µg/m3). The city recorded such alarming levels of NO2 concentration on 342 days or 93.7% of all days on record.


# Your Connect

TO BOOK YOUR TIMES INTERACT ADS
Stay safe. Stay home.
Call/mail us for contact-less ad booking. To book your Times Interact ads
Call 080-23338111
All digital payment solutions available

real estate

BANGALORE PROPERTIES

HENNUR

**2&3** BHK Apartment Nr Biozeen Hennur Main Road 52.9L* good facilities & location A Khatha, Vastu, Gym, Jogging track, Play area. Ct: 9632296279.

JAYANAGAR

**3BHK** (Fully furnished) FLAT for SALE Near South End circle, Khazi street. 200 mtrs from KR Park. Rs.1.29Cr. Call: 9739702982, 9739703182

JP NAGAR

**2BHK** Flat (penthouse) for SALE with private deck space in JP Nagar, Near 24th main, Nandhini Hotel. Rs.69lacs+Reg. PH : 9739703182, 9739702982

KALYAN NAGAR

**Building For Rent**
Building available with a running Hospital measuring **10345** square feet at **Kalyan Nagar**, CMR Road available for Rent suitable for **Hospital, Old Age Home, PG, Service Apartments.** Contact 9632770789 | 9900056799

OMBR LAYOUT

**2-BHK** Flat, Ready to Move as per Vaastu, Gym with basic amenities all Inclusive 53.9L near Sky line Apartments OMBR Layout Call: 9632296279.

**BDA** Plot For Sale, Corner Site OMBR Layout Total Area 6125sqft East Facing 5th Main Road Contact: 9986071243, 7090594594.

PADMANABHA NAGAR

**SUPERIOR** quality 3BHK flats for sale in Padmanabha nagar near Kadirenahalli petrol pump. East facing.Rs.76 & 77 lacs. 9739702982, 9739703182

jobs

SITUATION VACANT

ADMINISTRATION

MANAGERS

**Become Development Officer 50K to 1 Lac PM**
No. of Vacancy: 15
Age Above 35 Yrs
Location:- Marathahalli/ Indiranagar/ Kanakpura Rd
**Contact:- 7411088997**

MARKETING, ADVERTISING & SALES

SALES

**WANTED** SALES OFFICERS Experienced in INDUSTRIAL products selling with two wheeler Contact Amit industries. 9341330383

personal

CHANGE OF NAME

**I,** Mahir S/O, Sirish Kumar P Patel R/o #515, Hari Kunj, 12tha Main, Yelahanka New Town, Bangalore -560064 have changed my name to Mahir Sirish Patel for all purposes.

**I,** Venkatasubbaiah R/At No. 975, 13th Cross, Manorayanapalya, RT Nagar Post, Bengaluru 560032 have changed my name to Venkatasubbaiah Suraparaju For All Purposes.

THE TIMES GROUP
Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor, and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

ADMISSION OPEN

MASTER THE FUTURE OF CORPORATE BUSINESS & MANAGEMENT
ADMISSIONS ARE OPEN

BCA
with optional add ons
• Social Cyber Defence
• Artificial Intelligence
• Data Science
• Machine Learning

BBA
Aviation Management
with optional add ons
• Logistics Network Planning
• Environmental Research
• Aviation Corporate Affairs

BBA
with optional add ons
• Cyber Threat Management
• HR Act and Law
• Data Modelling

B.Com
with optional add ons
• Advanced Business Techniques
• Finance Modelling
• People and Culture

B.Sc.
Aircraft Maintenance

M.Com
MBA
(UPES - Study Partner)

SYLLABUS as per National Education Policy 2020 with ENTRY/EXIT options

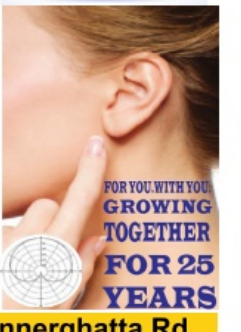
HBS HINDUSTAN BUSINESS SCHOOL
8971404357 • 9740037853
HINDUSTAN BUSINESS SCHOOL
P. B. No. 3776, Ashwathanagar
Marathahalli, Bangalore - 560037
Ph: 080-25238650, 25232217 • Toll Free: 18004258650
Email: admissions@hindustanacademy.edu.in
www.hindustanacademy.edu.in
See more details

GET NOTICED

ಶ್ರೇಯಾ ಹಿಯರಿಂಗ್ ಕ್ಲಿನಿಕ್ Dr. Sathya Ranna's
SHRÉYA HEARING CLINIC

Our Smart Clients Use Smart Hearing Aids
Come Be part of our family
Free Test and Demo of SMART Hearing Aids
12th June to 15th June FREE TEST and Attractive OFFERS
25ನೇ ವರ್ಷದ ಆಚರಣೆಯ ಕೊಡುಗೆಗಳು
HOME VISITS 9945633115
We believe in sound relationship...

25 1997-2022




| Indiranagar | Jayanagar | Koramangala | Bannerghatta Rd |
|---|---|---|---|
| 2521 4746/47 | 2653 3055/56 | 2563 4411/12 | 2648 6033/34 |
| **Sadashivnagar** | **Vijayanagar** | **Kammanahalli** | **Marathalli** |
| 2361 8037/38 | 2318 0011/12 | 2545 5078/79 | 2844 1062/63 |

ReSound GN Made for iPhone
Centers at Hyderabad, Mangalore and Mysuru
sathya@shreyahearingclinic.com
www.shreyahearingclinic.com
signia Life sounds brilliant.

**HEALTH TIP:** Vitamin A that is needed for your immune system and for lung health is found in animal sources such as egg yolk, full fat dairy, liver, oily fish and butter

Oats can help lower your blood pressure. This is due to all the soluble fibre that wholegrain oats provide

BangaloreMirror 9
Monday, June 12, 2023
mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

# Forever young

## Celebrity nutritionist shares her age-defying tips for turning back the clock

She may well have impeccable royal connections and count high-profile celebrities among her clients, but nutritionist Gabriela Peacock believes that when it comes to tackling ageing you don't need a palace or a personal trainer to nail it.

In her new book, 2 Weeks To A Younger You, she uses the science around longevity and reverse ageing to explore how we can live longer and healthier lives.

Actress Billie Piper regards her wisdom as "a game-changer", while Dame Joan Collins insists her tips are "priceless". She even gets the royal seal of approval from close friend Princess Beatrice, who says, "Gabriela's advice is full of solutions that work brilliantly for all aspects of your life."

As an added bonus, her health and wellbeing tips slot into your daily routine.

Gabriela, 43, explains, "We're all busy people with claims on our time from family or jobs or running a home. Not everyone can afford an expensive gym membership or subscribe to an expensive diet. If you make any change it has to be compatible with real life. It's supposed to be easy, otherwise you lose motivation."

> One health mantra of our times is: Intermittent fasting, a method of choosing regular time periods to eat and to abstain

But isn't the prospect of reversing the ageing process in only two weeks a bit of a tall order? "Honestly, it's all about making small alterations to diet and lifestyle. But you will see changes within two weeks," insists Gabriela. "It might be better sleep or improved cognitive function - less brain fog - but there will be a difference."

Central to her thinking is intermittent fasting, a method of choosing regular time periods to eat and to abstain.

"It's very healthy and very effective. We're not designed to have the option to eat all the time; we're spoiled when it comes to food," she explains. "But it's important to understand the different levels of fasting and adjust it to your own lifestyle. It shouldn't be miserable."

The most popular is 16:8 - eating within a chosen eight-hour window. "People think you'll have less energy if you adopt restrictive eating but the opposite is true."

And what we eat is as crucial as when, with Gabriela giving an insight into the range of food we should select, including those with anti-inflammatory benefits like almonds, fatty fish and strawberries. "It's important to look at the colours of the food we eat. The pigments in green kale will bring different benefits to those in red goji berries."

Czech-born Gabriela also recommends hot and cold therapy whether in a sauna, the sea or just turning the hot tap to cold in your shower.

"It's about supporting and stimulating healthy longevity genes. We want to kick-start the process of them cleansing themselves. The way to do that is to put the body under a level of controlled stress, for example with exercise or restricted eating. It's about building resilience."

Her interest in the topic was sparked by her background in fashion and modelling, which took her all over the world and gave an insight into attitudes towards ageing. "There's a lot of negativity still about getting older and yes, ageing is inevitable. But it's about how you age. If we don't look after ourselves we'll just be old and unwell," she adds.

Craving a change, she returned to study, qualifying as a nutritional therapist with a BSc in health science and a diploma in naturopathic nutrition. Her first clinic opened in London in 2012 and she now boasts celeb clients that also include Jodie Kidd, James Blunt and Yasmin Le Bon.

And perhaps thanks to her closeness to Princess Beatrice, it's said that she advised both Prince Harry and Princess Eugenie ahead of their respective weddings.

But as Gabriela points out, "It doesn't matter if you're a VIP or a mum-ofthree like me. We all want to live longer, healthier lives - but it's about balance. Life is too short to be too strict with yourself."

**-Sunday Mirror**

### ESSENTIALS FOR A YOUNGER YOU

1 "Introduce some degree of intermittent fasting. Health benefits include better sleep, improved hormone balance, clearer skin and better mood in general. Weight loss is almost a side effect."

2 "Eat mindfully. That includes cutting down on processed or fast food and making healthier choices."

3 "Take good quality supplements. If we were all relaxing on a beach in Thailand then perhaps we wouldn't need them, but our lifestyles are fast. Supplements work."

MIRRORLIGHTS

## Taurine, elixir of life

A deficiency of taurine -- a nutrient produced in the body and found in many foods -- is a driver of ageing in mammals, according to a study led by Indian researchers, suggesting that the nutrient could be an elixir of life.

The study, published in the journal Science, also found that taurine supplements can slow down the ageing process in worms, mice, and monkeys.

Large experiment with mice showed that taurine increased average lifespan by 12 per cent in female mice and 10 per cent in males. For the mice, that meant three to four extra months, equivalent to about seven or eight human years.

"For the last 25 years, scientists have been trying to find factors that not only let us live longer, but also increase healthspan, the time we remain healthy in our old age," said lead researcher Vijay Yadav, from Metabolic Research Laboratories at National Institute of Immunology in New Delhi.

"This study suggests that taurine could be an elixir of life within us that helps us live longer and healthier lives," added Yadav, who is also Assistant Professor of genetics & development at Columbia University Vagelos College of Physicians and Surgeons.

While clinical trials are needed to confirm benefits of taurine in humans, the researchers said two

experiments suggest taurine has potential.

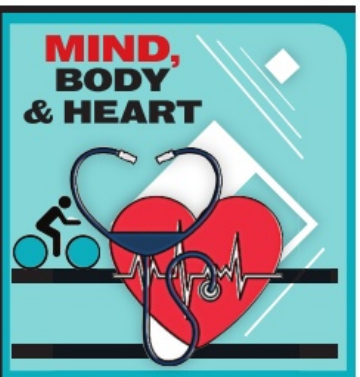
In the first, Yadav and his team looked at the relationship between taurine levels and approximately 50 health parameters in 12,000 European adults aged 60 and over.

Overall, people with higher taurine levels were healthier, with fewer cases of Type-2 diabetes, lower obesity levels, reduced hypertension, and lower levels of inflammation. "These are associations, which do not establish causation," Yadav said, "but the results are consistent with the possibility that taurine deficiency contributes to human ageing."

The second study showed taurine levels increases with exercise in athletes (sprinters, endurance runners, and natural bodybuilders). "No matter the individual, all had increased taurine levels after exercise, which suggests that some of the health benefits of exercise may come from an increase in taurine," Yadav said.

"Taurine is naturally produced in our bodies, it can be obtained naturally in the diet, it has no known toxic effects (although it's rarely used in concentrations), and it can be boosted by exercise.

**-IANS**




## All problems solved

*Dear Coleen*

**I'm a woman in my 20s and my parents, who are in their 50s, divorced a couple of years ago. They've both got new partners and my mum's boyfriend is a lovely guy. He's also divorced with a nice family and is very sweet and caring. My dad's girlfriend, however, isn't that much older than me and my brother, and we're struggling with it. She keeps trying to be our friend and "relate" to us, but it just feels so wrong and very weird. We're not seeing him as much as we did, partly because he's in this love bubble with her, but also because we find it so uncomfortable being around his girlfriend. The latest bombshell is that she's pregnant with, wait for it, twins! I also worry it means my brother and I will be more pushed out. Please give me some advice.**

**COLEEN SAYS**

I imagine it is weird, but it sounds like she's trying to be friends and find something in common with you and your brother. It might help to try to look at things from her perspective – it's hard for her, too, coming into a ready-made family with grown-up kids. I wonder if some of what you feel is down to embarrassment. My advice is, don't worry about what other people may or may not think about this relationship. Your dad loves you and, at the end of the day, if he's genuinely happy and sees this woman as his future, then you have to accept that and find a way move forward.

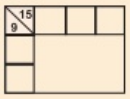
I think you have to be careful that you don't alienate your dad. He might have picked up on the awkwardness when you're around his girlfriend, so won't suggest getting together. Just be honest with him – tell him you're feeling a bit sidelined. And try to see the positives. He is happy and you're about to welcome two new members of the family. Give it time and focus on your family relationships and not on the age gap.

— Coleen Nolan, Daily Mirror

mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

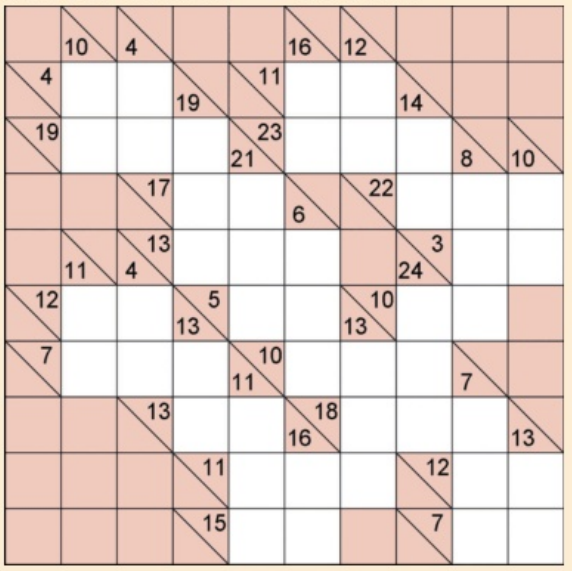

## Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

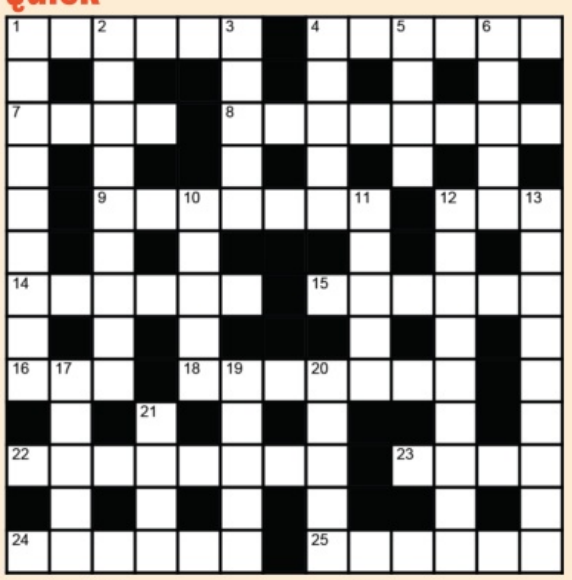



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



## Quick



**ACROSS**

1 Smitten (6)
4 Falls near Rajiv Gandhi National Park (6)
7 Othello's false friend (4)
8 Refrains voluntarily from doing something (8)
9 Prospers, grows or blossoms (7)
12 Rock group ___ Leppard (3)
14 Ransacked (6)
15 Ideal place (6)
16 Some promos (3)
18 Cheat especially over money (7)
22 Worrying or troubling (8)
23 __ __ example : e.g. ? (2,2)
24 Not after? (6)
25 St. Paul's birth place? (6)

**DOWN**

1 Minute trace (9)
2 Moral and law abiding? (9)
3 Army colour (5)
4 Point in dispute (5)
5 Mountain range (4)
6 Pasta variety (5)
10 Staggers (5)
11 Filled to satisfaction (5)
12 Makes unhappy (9)
13 Parts broken off or detached (9)
17 English poet (5)
19 Whimper (5)
20 Period of dark (5)
21 Equestrian sport (4)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: L EQUALS O**

MQKZCAJC WQG ZKG XZNZKG. KQYC ZK KLL SQE, QAV ZK'G JLRQEVZJC.

## Linemaro

I don't want to be in love, but you're makin' me

## Mindchow

God is a comedian playing to an audience too afraid to laugh

## Joke of the day

Q: River Ravi flows in which state?
A: Liquid

## Loop

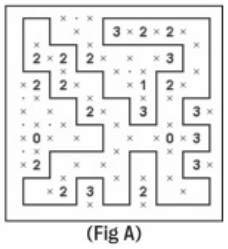
**Rules**

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

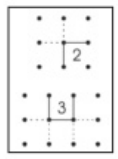
**How to begin:**

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

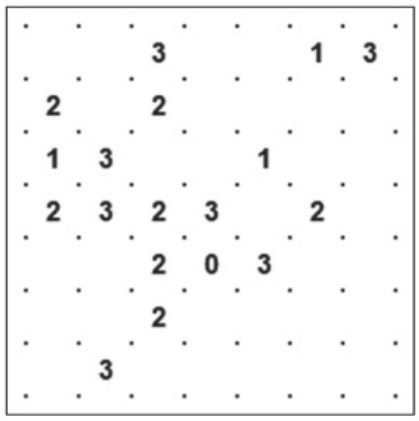
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



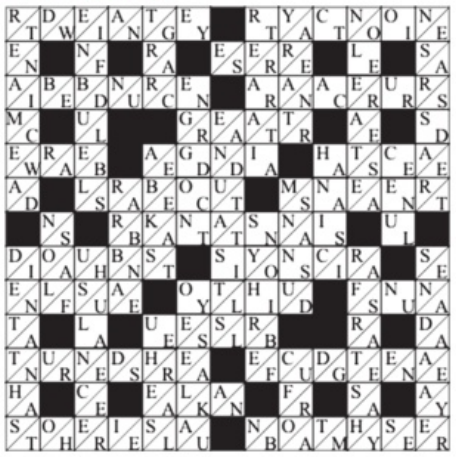
(Fig A)



(Fig B) Not Allowed



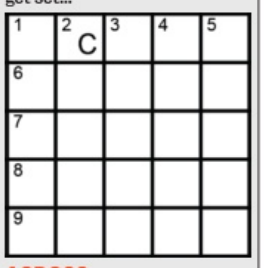
## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...




**ACROSS**

1 Ceres; 6 Akola; 7 Treen; 8 Cited; 9 To Hot

**DOWN**

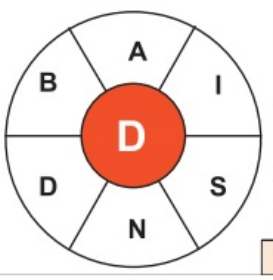
1 St eke; 2 Codon; 3 Tario; 4 Lee CT; 5 Heart

## Mensapuzzle

What are the next two letters in this sequence?

A, F, H, K, N, ?, ?

## Bull's eye




How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 5 | | 2 | | | |
| 4 | 8 | | | | | | 7 | 2 |
| | 2 | | 7 | | 1 | | 3 | |
| 5 | 1 | | | | | | 2 | 4 |
| 7 | | | | 3 | | | | 6 |
| 6 | 3 | | | | | | 1 | 7 |
| | 6 | | 2 | | 3 | | 9 | |
| 2 | 9 | | | | | | 5 | 8 |
| | | | 8 | | 4 | | | |

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

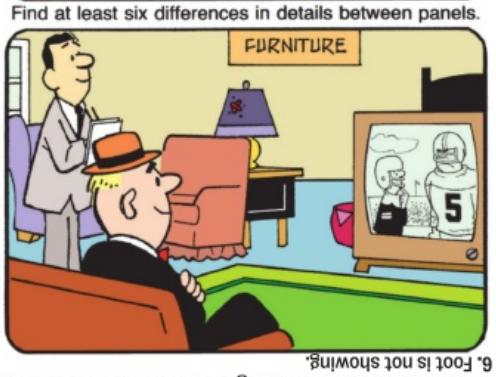
Easy = 10
2 5 7 7

Medium = 5
2 5 6 8

Hard = 24
2 6 6 3

## Hocusfocus

Find at least six differences in details between panels.



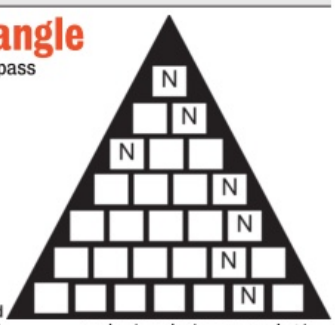

**Differences:** 1. Table leg is moved. 2. TV dial is added. 3. Mouth is closed. 4. Chair leg is different. 5. Tie is different. 6. Foot is not showing.

## Riddler

There are four Jacks in a deck of cards. The Jack of Clubs and the Jack of Diamonds have two eyes. The Jack of Hearts and the Jack of Spades have one eye. How many eyes are on the four cards?

## Alpha triangle

1 North on the compass
2 _ target
3 At this moment
4 Damaged by use
5 Developed
6 Crew sport
7 On the job




Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.


DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

# COMICS

## Redeye by Mel Casson

AS YOU MEN KNOW, THE PALEFACES HAVE CAPTURED TANGLEFOOT AND HIS HORSE
TONIGHT WE'LL CREEP DOWN TO THE FORT, OVERPOWER THE GUARDS, AND RESCUE HIM!
3-24
WHAT ABOUT TANGLEFOOT ?
Yates/Casson

## Bizarrotrip

## Diamond Lil

I FINALLY FINISHED MY LIBRARY BOOK
IT'S CALLED "HOW TO BE A VENTRILOQUIST"
WHAT DOES THE BOOK SAY?
NOTHING YET. I'M STILL PRACTICING
©2023 creators.com 4/4
www.creators.com
Beatkist

## Hart of the city

COOOL
HERE, LET'S MEASURE.
HEART'S GOT TWO INCHES ON YOU, DEAN.
IT'S NOT LIKE IT'S GONNA LAST. MY GROWTH SPURT IS RIGHT AROUND THE CORNER. I'M SURE OF IT!
IT'S OKAY TO BE SHORT.
I'M NOT SHORT!!
@COMICS.COM/HEARTOFTHECITY

## Crankshaft

YOUR COMIC BOOKS ARE STILL IN PRETTY GOOD CONDITION, JEFF.
IT'S A LONG STORY...
MAYBE A LITTLE WATER DAMAGE HERE AND THERE... STILL, IT'S MOSTLY ON AQUAMAN, SO...
I THOUGHT YOU SAID YOU KEPT THEM IN THE ATTIC.
AND THE SLIGHTLY SMOKEY AROMA?
AGAIN... ANOTHER LONG STORY.
SNIFF!
3-31 BATIUK & DAVIS

## Mutts

RAIN, RAIN GO AWAY COME AGAIN ANOTHER DAY.
RAIN, RAIN GO AWAY LITTLE EARLEE WANTS TO PLAY.
I HAVE FRIENDS IN HIGH PLACES.
mutts.com

# WHAT YOUR STARS SAY TODAY

**Aries** Mar 21 – Apr 20
Today, you may be polite with the people around you. Many problems are likely to be resolved with the help of your way of speaking. You may exercise control over savings and expenditure, which may boost your savings. You may spend some money on buying some aesthetic items to do up your house.

**Taurus** Apr 21 – May 20
Today, you advised to control your way of speaking in the family, as your rash way of talking may affect your family harmony. You may spend your hard-earned money buying some worthless items to maintain your social status. It is advised to not to keep a lot of cash with you. You may face problems related to ear, tooth and throat in terms of health.

**Gemini** May 21 – Jun 21
Today is a good day for you. You have good vitality. You may enjoy work and domestic life also may also be good. Healthy partnerships will give you benefits in terms of business. Job seekers will find suitable jobs. Love birds must avoid discussions that can hurt each other's self-respect.

**Cancer** Jun 22 – July 23
Today you must control your way of speaking. You should watch out for hidden enemies and opponents. You may become a victim of conspiracy. It is advised to avoid making investments in risky assets. You must avoid lending money to anyone, as it may be not easily recoverable. You are advised to do meditation and yoga to lessen stress.

**Leo** Jul 24 – Aug 23
Today you will be a victim of negative thoughts. Impatient nature and arrogance will push you back from taking difficult decisions. You will be in need of the blessing of your elders, which will help you to grow at your work front. You should avoid making investments in dead assets. Love birds may avoid discussion about some bad moments of the past.

**Virgo** Aug 24 – Sep 23
Today you are in a winning position from your opponents and hidden enemies. Your money that was stuck somewhere may be recovered today. You may perform your best at work. Today is an important day for love birds and singles to make important decisions in terms of marriage.

**Libra** Sep 24 – Oct 22
Today is a good day for you. Last week's crunch is over now. You may initiate projects that were postponed. You may get rewards for your hard work, which may boost your confidence. There are some gains in your business which may boost your finances. Those working in the field of export and import, fashion, dairy products may do well.

**Scorpio** Oct 23 – Nov 22
Today you may feel dull and you may have health issues. Overworking your mind may make you tired. It may affect your domestic harmony. You may arrive late to a social or family get-together. Losses may be possible in the business; it is advised not to invest into new business. Love birds shall avoid talking about controversial topics.

**Sagittarius** Nov 23 – Dec 22
Today you are blessed by the moon. You may make new plans in terms of business; your colleagues may be with you to implement your plans. You may recover money that was stuck from your clients, which may boost liquidity in the business. After late evening, you may feel some depression, which may affect your sound sleep.

**Capricorn** Dec 23 – Jan 20
Today you may have control over your opponents and hidden enemies. Decisions in a legal matter may come in your favour. Your seniors may be happy with your hard work and you may get new responsibilities in terms of promotion. Singles may find their soul mates.

**Aquarius** Jan 21 – Feb 19
Today you may be happy and you may plan to buy some creative items that may improve your lifestyle. You may also spend on your friends and family members. You may plan to make investments in assets. Singles may find a good match; love birds may enjoy good moments in their relationship.

**Pisces** Feb 20 – Mar 20
Today you may be seeking peace of mind. But the moon's blessings may help you find focus. Investments in property and other assets are avoidable today. You may experience some happy moments in your domestic life, but you are advised to avoid arrogance and ego with your spouse. A dispute with a business partner is likely to be resolved.

## KIDZONE

Rhea Thomas, 7 Years, Cluny Convent

Master Samad Kafeel, 4 Years, DPS South

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

# SOLUTIONS

**SOLVE IN 1M**
(.8^2-10) / (1/2) = 1.6^10^2 = 32

**BULL'S EYE**
band, bind, DISBAND, said, sand

**STRIKE OUT**

**QUICK**

**MENSA PUZZLE**
Y, Z: the letters are made with three straight lines

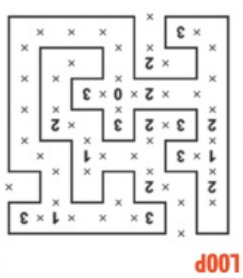
**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 7 | 1 | 5 | 8 | 2 | 6 | 4 | 9 |
| 4 | 8 | 5 | 3 | 6 | 9 | 1 | 7 | 2 |
| 9 | 2 | 6 | 7 | 4 | 1 | 8 | 3 | 5 |
| 5 | 1 | 8 | 9 | 7 | 6 | 3 | 2 | 4 |
| 7 | 4 | 2 | 1 | 3 | 5 | 9 | 8 | 6 |
| 6 | 3 | 9 | 4 | 2 | 8 | 5 | 9 | 7 |
| 8 | 6 | 4 | 2 | 5 | 3 | 7 | 9 | 1 |
| 2 | 9 | 3 | 6 | 1 | 7 | 4 | 5 | 8 |
| 1 | 5 | 7 | 8 | 9 | 4 | 2 | 6 | 3 |

**ALPHA TRIANGLE**
N, On, Now, Worn, Grown, Rowing, Working.

**GO FIGURE**
Easy
5 + 7 – 7 x 2 = 10
Medium
2 – 8 + 6 + 5 = 5
Hard
6 + 3 x 2 + 6 = 24

**LOOP**



**KAKURO**

**FAST FIVE**

| | | | | |
|---|---|---|---|---|
| S | C | R | E | E |
| K | O | A | L | A |
| E | N | T | E | R |
| E | D | I | C | T |
| T | O | O | T | H |

**QUOTE UNCODE**
Patience has its limits. Take it too far, and it's cowardice.

**RIDDLER**
12 eyes. Don't forget the heads at the bottom of the card

Volume No 15, Issue No 250 RNI NO:KARENG/2007/22411 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

## When in Rome

Priyanka Chopra was recently in Rome, Italy, for the launch of a designer hotel. She has now shared images of her Italian sojourn on her Instagram handle.

That Priyanka Chopra made the most of her trip to the Italian city the launch of a luxury hotel, is pretty evident from her photo dump that is all things pretty. In the pictures, Priyanka can be seen striking different poses, hobnobbing with other personalities, visiting beautiful churches and enjoying pizza on the flight.

Earlier, the fashion icon chose a white gown with a plunging neckline and a thigh-high slit for the launch and styled the outfit with a statement necklace and tied her hair into two ponytails.

A fan page had earlier shared many pictures and videos from the shoot. The actor was accompanied by Spider-Man actor Zendaya, who rocked in a shimmery pant suit. **–ETimes**

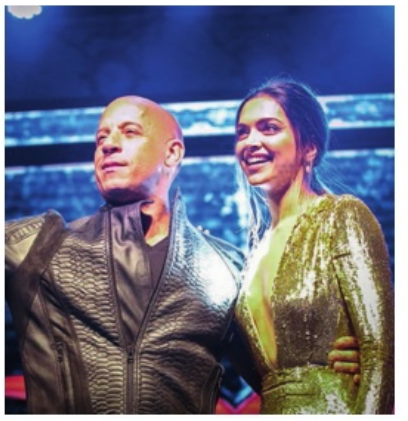
# One selfie please

## Fans flock up to Rashmika at airport to get a picture clicked with her

Rashmika Mandanna enjoys huge popularity and the minute she is spotted in public, the actress is thronged by fans. Something similar happened during her recent appearance. Late on Saturday night, the actress was spotted at the Mumbai airport, returning home. Soon, Rashmika was thronged by fans for a selfie and the charming actress patiently posed with all.

However, she nearly got mobbed amid the growing crowd of fans and a security official had to step in.

Rashmika Mandanna will soon be seen on the big screen in 'Animal', wherein she is paired opposite Ranbir Kapoor. Parineeti Chopra was to feature in this Sandeep Reddy Vanga directorial, but after she quit the film, Rashmika was roped in. Speaking about her experience of working with Ranbir Kapoor, Rashmika had told Filmfare, "He's extremely loving. I was, of course, nervous when I met him first, but I think he's so easygoing that five minutes into the look test, we were already very comfortable with each other. Thinking about it, it's amazing how easy it's been so far with Ranbir and Sandeep. And he's the only one in the whole industry who calls me "ma'am," and I do not like it. I will get him for this one." 'Animal' also features Anil Kapoor and Bobby Deol in pivotal roles. **–ETimes**



## Who is Vin's favourite?

Hollywood star Vin Diesel says he is looking forward to visiting India again years after Deepika Padukone, his co-star of "XXX: Return of Xander Cage" brought him to the country.

Diesel came to India in 2017 to promote "XXX: Return of Xander Cage", the American action thriller film which marked Padukone's Hollywood debut.

Diesel posted a still of him and Padukone from the movie on Instagram and called the "Pathaan" star one of his "favourite people to work with".

"Spirit lead me... @deepikapadukone was one of my favourite people to work with. She brought me to India and I loved it... looking forward to my return. All love, always," the 55-year-old actor wrote on Saturday night.

Padukone, who played the role of Serena Unger in "XXX: Return of Xander Cage", shared Diesel's post on her Instagram Story with hearts.

On his visit to India in 2017, Diesel interacted with fans at a special musical event ahead of the film's premiere. He also shook a leg with Padukone on her hit track "Lungi Dance" from "Chennai Express". **–PTI**

**GADAYUDDHA (KANNADA)**
2.5 RATING ★★½☆☆
- **DIRECTOR** Srivatsa Rao
- **ACTORS** Sumith, Dhanya Patil, Danny Kuttappa, Sadhu Kokila, Aravind, Sparsha Rekha, Sharath Lohitasva, Ramesh Bhat late Shivaram and late Sathyajith.
- **Duration** 140 minutes

## Good vs evil

Director Srivatsa Rao has selected a different kind of subject to entertain audiences for which he has done research on black magic practices prevailing in Kerala and some parts of Karnataka.

The story revolves around divine and demonic tendencies. Dr Bheem (Sumith) is an altruist. He wants people in the village to lead a good life and he wants to keep villains away from the village. Police Commissioner (Sharath Lohitasva) asks him to visit a village where black magic is being practised. Dr Bheem visits the village and tries to eliminate black magicians. He has to face a lot of problems at the village that is dominated by black magicians who have the power to trouble people residing 300 km away from their village. He also meets a scientist (Ramesh Bhat), an astrologer (Shivaram), and a police inspector (Sathyajith) who lost his leg due black magic. The climax is how Dr Bheem succeeds in his mission against evil powers.

Sumith, a cricket player, debuts as a hero in Sandalwood with this movie. Though he has tried his best to showcase his acting skills, he has to improve a lot, especially in dialogue delivery, to establish himself as an actor in Sandalwood. Dhanya Patil has acted well.

It is nice to see veteran character actors late Shivaram and late Sathyajith and hear their dialogues. Sadhu Kokila, as a police inspector, provides comic relief. His performance in a special song – Akki Bele Dabba – is a treat for the front benchers. Danny Kuttappa is convincing as a villain.

Gadayuddha is worth a watch for those who want to know about black magic.

**–Y Maheswara Reddy**

**STHABDA (KANNADA)**
3 RATING ★★★☆☆
- **DIRECTOR** Laali Raghav
- **ACTORS** Prathap Simha, Harshika Poonacha, Raghavendra Rajkumar, Prashant Sidd, Priyanka, Chaithra Rao, Madhu.
- **Duration** 128 minutes

## Something strange going on

Laali Raghav who directed Tamil movie Ariyamai debuts in Sandalwood with Sthabda. He has chosen a psychological thriller as his maiden movie, which is an appreciable move.

The movie introduces us to Raganna (Raghavendra Rajkumar), an antiquarian, chiding his assistant (Prashant Siddi). Raganna asks his son-in-law Prathap (Prathap Simha) to manage his property and look after his grandchildren whose parents died in an accident. Prathap does that and he is leading a happy life with wife Indu (Harshika Poonacha) and looks after the two children.

Meanwhile, Raganna buys a 100-year-old wooden mirror in a public auction. As soon as the mirror is installed in the house, the children start experiencing mysterious things. Apsara alias Appu (Chaitra Rao), the jovial sister-in-law of Prathap, starts behaving peculiarly. Prathap too feels some unpleasant smell from the mirror. Rashes begin to appear on his body. Indu also feels a bad odour from Prathap's body and finds it tough to share a bed with him.

Prathap approaches a black magician to understand what's going on. The black magician helps him know about his previous birth and how he (Indrasena) was happily leading life with his wife Vasumathi (Madhu) and how she ended her life near the mirror.

Prathap Simha has tried his best to prove his acting skills. He is good with the action scenes but must hone his acting skills. Harshika Poonacha had done a good job. Raghavendra Rajkumar provides good support and so does Chaitra Rao. Music by Arav Rishik is pleasant, the songs have good lyrics by music director and writer Hamasalekha. Cinematographer PVR Swamy has done a neat job. If you enjoy psychological thrillers, then go for it. **–Y Maheswara Reddy**